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# Enjoy Legumes



Dry beans, peas, and lentils are all different kinds of legumes.

Serve them with rice, noodles, or bread for a good source of protein.

# What makes legumes such as beans, peas, and lentils so good to eat?

They are:

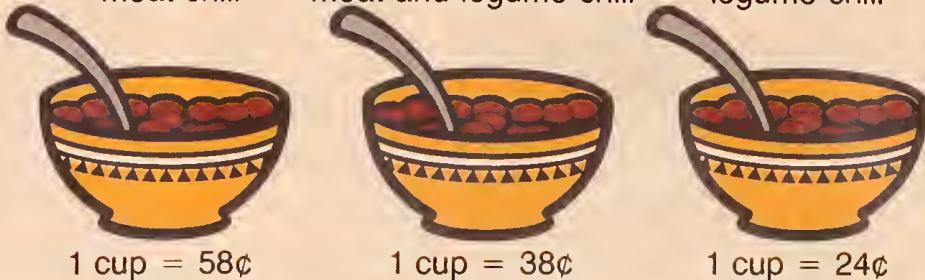
- Easy to cook
- Very low in fat, high in fiber
- High in protein, like meat

- Low in cost

meat chili

meat and legume chili

legume chili



## Buy legumes 2 ways:

- Dry in a package for the best buy,
- Cooked in a can for convenience.

Look for them at your market near the rice and noodles, or near the canned vegetables.

## Store dry legumes at home:

- In a dry, cool place, not in the refrigerator.
- In a covered jar or a tightly closed bag.

## Prepare dry legumes in 4 easy steps:

1. Rinse, and pick out any stems or stones.
2. Put legumes in a large pot. Add enough water to cover them, about 2 to 3 cups.
3. Cover the pot and put it in the refrigerator to soak overnight.

### Or, to save time:

Boil the legumes for 2 minutes, then soak for 1 hour.

4. Cook legumes using directions on the package label.

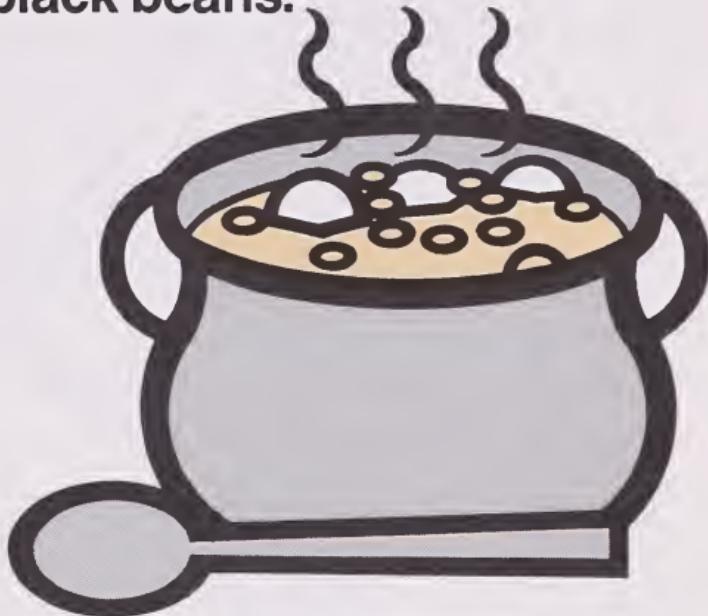


## Try using different kinds of legumes in new ways:

- Add **chickpeas** or **kidney beans** to your favorite salad.



- Make a casserole with **lima beans** or **blackeye peas** for your main dish. Add vegetables and spices for more flavor.
- Make a hearty soup or stew with **lentils**, **split peas**, **navy beans**, or **black beans**.



- Use **pinto beans** in a Mexican taco.
- Serve legumes with rice, noodles, or bread for better protein in your meal.
- Add legumes to meat dishes to stretch your food dollar.

### Bean Salad

6 servings

1 15½-oz can kidney beans, drained  
1 15-oz can chickpeas, drained  
2 medium carrots, very thinly sliced  
¼ cup onion, chopped  
3 tablespoons sweet pickle, chopped  
¼ teaspoon pepper  
½ teaspoon dry mustard  
4 tablespoons vinegar  
1 tablespoon honey  
¼ cup oil

1. Mix vegetables and pickle in a bowl.
2. Mix remaining ingredients well.
3. Pour dressing over vegetable mixture. Mix gently.
4. Chill at least 1 hour before serving.

### Split Pea Soup

6 servings

1½ cups dry green split peas  
1 small ham hock or bone  
1 medium onion, chopped  
⅛ teaspoon pepper  
6 cups water

1. Rinse the dry green split peas. Pick out any stems or stones.
2. Put peas, ham hock, onion, pepper, and water in a pot. Cover and simmer 1½ hours or until ham hock is tender.
3. Remove ham hock and cut meat from bone. Cut meat into small pieces.
4. Return meat to soup. Heat to serving temperature.

### Stove-Top Beans

4 servings

2 15-oz cans navy beans, drained  
¾ cup water  
1 8-oz can tomato sauce  
1 medium onion, chopped  
1 medium apple, finely chopped  
1 tablespoon prepared mustard  
1½ teaspoons worcestershire sauce  
2 teaspoons sugar  
⅛ teaspoon pepper

1. Combine all ingredients in a pot.
2. Bring to boil. Reduce heat and cover. Cook gently for 30 minutes.
3. Uncover pot. Continue cooking for about 10 minutes.



### Chili with Lentils

7 servings

1 pound dry lentils  
1 teaspoon salt  
5 cups boiling water  
1 16-oz can tomatoes or tomato sauce  
1½ tablespoons chili powder  
1 medium onion, chopped  
½ cup celery, chopped  
1 clove of garlic, minced

1. Rinse dry lentils. Pick out any stems or stones.
2. Add salt and dry lentils to boiling water. Cover and simmer 30 minutes. Do not drain.
3. Add tomatoes or tomato sauce, chili powder, onions, celery, and garlic. Cover and simmer 30 minutes more.
4. Serve over rice, spaghetti, or corn chips.

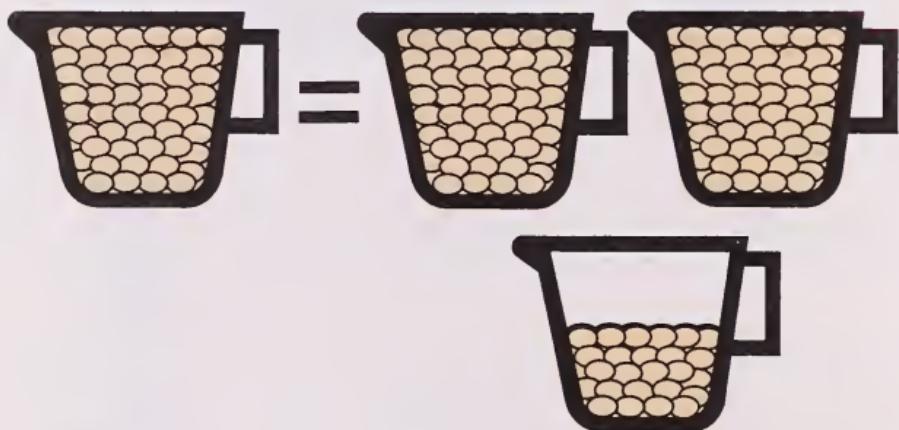


# When dry legumes are cooked they swell up with water.

One cup of dry legumes will make about  $2\frac{1}{2}$  cups of cooked legumes.

1 cup  
dry legumes

About  $2\frac{1}{2}$  cups  
cooked legumes



- Lentils and split peas save you time. They do not need to be soaked before cooking.
- Large, thick beans may need to cook longer.

**\$ Make Your Food Dollars Count \$**